

The Sunken Lands

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Isabelle Guimiot (CAN) - September 2023

Music: The Sunken Lands - Rosanne Cash



Intro: 16 counts

Restart: wall 2 after 60 counts

Restart: wall 5 after 28 counts

Tag and restart : wall 6 after 44 counts

[1 – 8] Triple fwd, scuff, rock fwd ½ turn, step, scuff.

1 2 3 Step R fwd, step L together, step R fwd (12:00)
4 Scuff L (12:00)
5 6 Rock L fwd, ½ turn left recover R (6:00)
7 8 Step L fwd, scuff R (6:00)

[9 - 16] Step fwd, toe back, step back, heel, step back, heel, step fwd, toe back.

1 2 Step R fwd, point L toe slightly back (6:00)
3 4 Step L back, heel R (6:00)
5 6 Step R back, heel L (6:00)
7 8 Step L fwd, point R toe slightly back (6:00)

[17 - 24] triple step back, heel, step, heel, step, heel

1 2 4 Step R back, step L together, step R back (6:00)
4 5 L heel fwd, step L together (6:00)
6 7 R heel fwd, step R together (6:00)
8 L heel fwd (6:00)

[25 - 32] Step, scuff ¼ turn, step to the side, behind, step to the side, scuff, rock fwd recover.

1 2 Step L together, scuff R with a ¼ turn left (3:00)
3 4 Step R to R, step L behind R (3:00)

*** During wall 5, you're facing 3:00, do a ¼ turn to the right and restart facing 6:00**

5 6 Step R to R, ⅛ turn right scuff L facing diagonal (4:30)
7 8 Rock L fwd, recover R (4:30)

[33 - 40] triple full turn, scuff, jazz box ending with feet together.

1 2 3 ¼ turn left step L slight fwd, ¼ turn right step R slight fwd, ½ turn right step L slight fwd (4:30)
4 ⅛ turn left scuff R (3:00)
5 6 Cross R over L, step L back (3:00)
7 8 Step R to R, step L together (3:00)

[41 - 48] twist heel, toes, heel, toes, rock, recover, side, scuff.

1 2 Twist both heels right, twist both toes right (3:00)
3 4 Twist both heels right, twist both toes right (3:00)

*** Tag + restart here during wall 6**

5 6 Rock L fwd right diagonal, recover R (3:00)
7 8 Step L to L, scuff R towards left diagonal (3:00)

[49 - 56] Cross, ¼ turn step, ½ turn step, scuff, rocking chair.

1 2 Cross R over L, ¼ turn right step L back (6:00)
3 4 ¼ turn right step R to R, ¼ turn right scuff L (12:00)
5 6 Rock L fwd, recover R (12:00)

7 8 Rock L back, recover R (12:00)

[57 - 64] Rock step, recover, back ¼ turn, touch,

1 2 Rock L fwd, recover R (12:00)

3 4 ¼ turn left step L to L, touch R next to L (9:00)

*** Restart here during wall 2, facing 6:00**

5 6 Step R back, heel L (9:00)

7 8 Step L fwd, scuff R (9:00)

Tag during wall 6, facing 9:00: no counts, music slows down, no beat, improvise as long as you're facing 12:00 to restart.

Suggestion: Cross R over L, slowly unwind ¾ turn, big step L back, drag R next to L, touch R.

Enjoy!
